

PART 5

PT Program

Chapter 12 – Planning Considerations

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CHAPTER 12

Planning Considerations

Adherence to the principles of precision, progression and integration is essential for program effectiveness and injury control. These principles of exercise were employed in the development of the PT schedules for IET.

Precision is the strict adherence to the optimal execution standards for PT activities. Precision is based on the premise that the quality of movement is just as important as the weight lifted, repetitions performed or distance run.

Progression is the systematic increase in the intensity and/or duration of PT activities. Proper progression allows the body to positively adapt to the stresses of training. When progression is violated by too rapid an increase in intensity and/or duration, the soldier is unable to adapt to the demands of training. The soldier is then unable to recover, which leads to overtraining and the possibility of injury. The intensity (number of repetitions, pace) and/or duration are gradually increased to produce the desired physiological effect. For example, the duration of the ability group runs progress from 20 minutes to 30 minutes gradually over the training cycle. The pace of individual soldiers or the group also gradually increases over time as well. Conditioning drills progress in difficulty from performance of Conditioning Drills 1 and 2 to Conditioning Drill 3 and Military Movement Drill 2. Adhering to the intensity and duration listed on the PT schedules will avoid too much progression too soon. Progression is also dependent upon the regular performance of challenging activities coupled with an adequate amount of rest and recovery. PT time during the training cycle is precious. Every PT session is designed to improve strength, endurance and mobility. PT sessions must be conducted for at least 45-60 minutes at least four to six times per week for improvement to occur. **If PT cannot be conducted first thing in the morning, it should be conducted at some other time during the day.** The sessions are sequenced to ensure adequate recovery. Whenever possible, the sessions for a given week should be conducted in the order listed.

Integration is the use of multiple training activities to achieve balance in the PT program and appropriate recovery between PT activities. Because most common soldier tasks require a blend strength, endurance and mobility, PT activity schedules are designed to precisely progress soldiers in their physical activity in an integrated manner. Several different exercises and activities are employed to develop all three components of fitness. Leaders should balance the PT schedule with the POI to de-conflict physically demanding events that can lead to overtraining. For example, if the confidence course is the day's main training event, leaders should not schedule strength training for PT. If conflicts cannot be resolved, it is more desirable to perform PT after a physically demanding event (in the evening), rather than before the event (in the morning). The exercise drills in this manual integrate critical soldier tasks, thereby making PT an essential link in the chain of soldier physical readiness.

The PT schedules provide a well-rounded program that develops all of the components of fitness equitably. The drills include exercises that condition all major muscle groups for a total body workout. Skipping the same type of session (for example, running instead of conducting conditioning drills) on a regular basis or failure to conduct the drills in their entirety (for example, push-ups and sit-ups only) will result in an emphasis on one component at the expense of another. The activities in the PT schedules will allow soldiers to improve overall physical fitness and allow them to achieve the APFT graduation standards.

Planning the PT schedule is complicated by many factors. To allow commanders flexibility, the schedules that follow list the objective and the activities to be conducted for each session during the week of training rather than prescribing sessions for a specific day of the week. Commanders and PT leaders can then schedule the PT sessions based on the number of days available for PT and how PT and other training activities impact on one another. Specific training guidance follows:

- Do not conduct endurance training (running) days consecutively.
- Do not conduct strength training days consecutively.
- Do not conduct foot marches and endurance training days consecutively.
- If the APFT is not conducted on a Monday, then **NO PT** is conducted on the day before or day of the APFT.

CHAPTER 13

IET Physical Training Schedules

- 1. BCT**
- 2. AIT (Cohorted)**
- 3. AIT (Non-Cohorted)**
- 4. OSUT**

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BCT 9-Week Schedules

Week 1

Session 1-1	Conditioning Drill 1 (INSTRUCTION)
Session 1-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (INSTRUCTION) Activity: 1-mile timed run (to establish ability groups) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (INSTRUCTION)
Session 1-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1 (5 repetitions) and Conditioning Drill 2 (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1 (5 repetitions) and Conditioning Drill 2 (10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s and 60:120s (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 2

Session 2-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (10/10/5/5/5) and Conditioning Drill 1 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run (INSTRUCTION) and 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (10/10/5/5/5) and Conditioning Drill 1 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Initial Fitness Assessment: (1 minute push-ups, 1 minute sit-ups, 1-mile run) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 3

Session 3-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 4

Session 4-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 5

Session 5-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-5	NO PT
Session 5-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (diagnostic) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 6-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 7

Session 7-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 1-mile Timed Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-5	NO PT
Session 7-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (RECORD) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 8-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Weeks 9

Session 9-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

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AIT (COHORTED) 14 -Week Schedule

Week 1

Objective: Demonstrate basic proficiency in execution of Conditioning Drill 1, The Movement Drill and The Stretch Drill. Perform APFT, and 3-mile Timed Run and the 3-mile Foot March.

Planning Guidance: The sessions should be conducted in the order listed below.

Session 1-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (diagnostic) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 2

Objective: Demonstrate basic proficiency in execution of Conditioning Drills 1, 2 and 3, 30:60s, 60:120s and The Guerrilla Drill. Perform 1-mile Timed Run to establish ability groups.

Session 2-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 3

Session 3-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 4

Session 4-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 5-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 6

Session 6-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 7-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: APFT (diagnostic) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 8

Session 8-1	<p>Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition)</p> <p>Activities: Ability Group Run</p> <p>Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)</p>
Session 8-2	<p>Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition)</p> <p>Activities: Military Movement Drill 2 (INSTRUCTION) and Conditioning Drill 3 (INSTRUCTION)</p> <p>Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)</p>
Session 8-3	<p>Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition)</p> <p>Activities: 60:120s</p> <p>Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)</p>
Session 8-4	<p>Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition)</p> <p>Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (5 repetitions)</p> <p>Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)</p>
Session 8-5	<p>Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition)</p> <p>Activities: Ability Group Run</p> <p>Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)</p>

Week 9

Session 9-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 10-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions), Conditioning Drill 2 (1 set x 10/10/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 11-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 12-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: APFT (RECORD) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120S Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 13-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition), Conditioning Drill 2 (1 set x 15/15/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120S Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 14

Session 14-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

AIT (NON-COHORTED) **14 -Week Schedule**

Week 1

Session 1-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (diagnostic) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 2

Session 2-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 3

Session 3-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 4

Session 4-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 5

Session 5-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 6

Session 6-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 8

Session 8-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 7

Session 7-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 9

Session 9-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 10

Session 10-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Weeks 11

Session 11-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 12

Session 12-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: APFT (RECORD) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 13-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s (8 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (30 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 14

Session 14-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run (20 minutes) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

OSUT 14-Week Schedules

Week 1

Session 1-1	Conditioning Drill 1 (INSTRUCTION)
Session 1-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (INSTRUCTION) Activity: 1-mile timed run (to establish ability groups) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (INSTRUCTION)
Session 1-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1 (5 repetitions) and Conditioning Drill 2 (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1 (5 repetitions) and Conditioning Drill 2 (10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 1-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s and 60:120s (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 2

Session 2-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (10/10/5/5/5) and Conditioning Drill 1 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run (INSTRUCTION) and 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (10/10/5/5/5) and Conditioning Drill 1 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 1(10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 2-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Initial Fitness Assessment: (1 minute push-ups, 1 minute sit-ups, 1-mile run) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 3

Session 3-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 3-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 4-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 4-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 5

Session 5-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 30:60s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 15/15/5/5/5 and 1 set x 10/10/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 5-5	NO PT
Session 5-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (diagnostic) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 6

Session 6-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 6-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 7

Session 7-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 1-mile Timed Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (2 sets x 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 7-5	NO PT
Session 7-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activity: APFT (RECORD) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Weeks 8

Session 8-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 8-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 9-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 9-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 10-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (INSTRUCTION) and Conditioning Drill 3 (INSTRUCTION) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 10-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (1 set x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 11

Session 11-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (1 set x 20/20/5/5/5 and 1 set 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 11-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (1 set x 20/20/5/5/5 and 1 set 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 12

Session 12-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (1 set x 20/20/5/5/5 and 1 set 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 12-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (1 set x 20/20/5/5/5 and 1 set 15/15/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Week 13

Session 13-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (2 sets x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 13-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (2 sets x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)

Session 14-1	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 300-yard Shuttle Run and Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-2	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (2 sets x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-3	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: 60:120s Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-4	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (2 repetitions) and Conditioning Drill 3 (10 repetitions) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-5	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Ability Group Run Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)
Session 14-6	Warm-up: Conditioning Drill 1 (5 repetitions) and Military Movement Drill 1 (1 repetition) Activities: Military Movement Drill 2 (1 repetition) and Conditioning Drill 2 (2 sets x 20/20/5/5/5) Cool-down: Conditioning Drill 1 (5 repetitions) and The Stretch Drill (20 seconds)